

The Heart of the Matter

12. When was the last time you felt like you were under real spiritual attack? What did you do to protect yourself and others?

13. What piece of armor do you struggle the most with to put on and keep on?

14. What can you do to be more equipped in the use of your shield of faith and the sword of the Spirit?

15. Who has helped you the most in putting on your armor? Who is someone that could use help from you with putting and keeping on their armor?

Praises and Prayer Requests:



Life Group Study Guide

2020 VISION Ephesians 6:10-18 For the Week of February 2, 2020

Getting Started

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling?
2. What equipment or tools are essential for you to have access to at your place of employment? What would your work be like without them?
3. When you feel tired and weak what do you do to revitalize your stamina and determination?

Digging Deeper

4. With all that Paul talks about in his letter to the Ephesians including topics on salvation through faith, the mystery of the gospel, the unity of the church, conflict resolution, and marriage and family, why does he end his letter with a discussion on spiritual warfare?

5. In verse 11 why is it important to put on the “whole armor of God?” What are some items that we regularly neglect to put on?

6. How would you describe the nature of the spiritual warfare that we face that Paul describes in verses 11-12? Where have you ever seen these sorts of spiritual manifestations?

7. In verse 13 what is Paul strongly encouraging Christ followers to do? Why does he sound so urgent?

8. In verse 14, why might the belt of truth be listed first? Why is truth so important to our Christian walk? What are the implications associated with putting on the breastplate of righteousness?

9. How would you describe the importance of putting on shoes in verse 15? What should we be ready to do?

10. According to verse 16 how could the shield of faith be used defensively? Offensively? In verse 17 how does the helmet of salvation protect our minds?

11. Also in verse 17 it seems that Paul saves the best for last concerning the sword of the Spirit which is God’s Word. Why is this implement perhaps the most important of all? How should we use it? For what purpose?